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Core stability and strength training in spinal cord injury rehab- Proper exercise techniques

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A spinal cord injury is damage or trauma to the spinal cord that results in loss of functioning which also reduces the sensation and/or impaired mobility. Regular physical activity is important for staying healthy and to bring back the lost sensation and strength especially after the spinal cord injury. There may be lot of challenges involved but still possible to exercise after spinal cord injury. Greater Core stability may benefit performance by providing a foundation for greater force production in the upper and lower extremities. Core stability involves in balancing the trunk muscles involved in sitting and standing position. Clinical trials performed using swiss ball and exercise bands for post spinal cord injury patients. Patients with injury at cervical level and thoracic level are trained with proper core strength and stability techniques using right posture like proper and corrective postures in sitting and standing while performing training. Assessments of muscles with low activation and strength training and performance were tested. Muscle activation Test (MAT) was performed in patients for better performance with video demonstration. Exercise induced therapy was applied in patient with a complete program using variations that include proper frequency sets/repetition and proper exercise guidelines. Therefore the purpose of this review was to critically examine core stability and strength training, to determine its useful application for body strength and conditioning in spinal cord injury patients.

Biography

Gopakumar Sukumaran has completed his Bachelor of Physiotherapy from Dr. MGR Medical University. He has 21 years of professional experience and has done certification in the field of core stability and strength conditioning programs & also various fitness courses in India and abroad. He has conducted workshops in various colleges in India on Core Performance and presented a study on Parkinson's Rehabilitation involving various balance and coordination exercises for patients in Ministry of Health Kuwait & a presentation as a part of continuing medical education in Ministry of Health, Kuwait. He received awards and certificates for various training programs conducted. He is the Founder & CEO of Core Physio and Co-founder of Back2Track in India.

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